

Luncheon Seminar

📅 Fri. Sep 26, 2025 12:20 PM - 1:00 PM JST | Fri. Sep 26, 2025 3:20 AM - 4:00 AM UTC 🏛️ Session Room 1 (Main Hall A)

Luncheon Seminar 2

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[LS-02]

Multi-Dimensional Understandings and Interventions for Hikikomori: From Pharmacotherapy to Psychodynamic Psychotherapy

*Takahiro A. Kato¹ (1. Department of Psychiatry, Hokkaido University Graduate School of Medicine (Japan))

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Luncheon Seminar 2**[LS-02] Multi-Dimensional Understandings and Interventions for Hikikomori: From Pharmacotherapy to Psychodynamic Psychotherapy**

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Hikikomori is a condition in which a person stays at home almost every day for six months or longer without going to school or work (Saito 1998). This phenomenon, initially recognized in Japan, has now become a global issue, affecting individuals across Asia, Europe, and the Americas (Kato et al. Lancet 2011; Psychiatry and Clinical Neurosciences 2019). I have been leading the world's first hikikomori research clinic at a university hospital, proposing hikikomori as a psychiatric condition of pathological social withdrawal and establishing diagnostic criteria (Kato et al. World Psychiatry 2020). Notably, hikikomori has been included in the DSM-5TR (2022), reflecting its growing recognition in the field of psychiatry.

In this seminar, I will present a multi-dimensional assessment system for hikikomori, incorporating the latest evaluation methods (Kato et al. World Psychiatry 2020; Current Opinions in Psychiatry 2024). This system is grounded in a bio-psycho-sociocultural framework, which emphasizes the interplay of biological, psychological, social, and cultural factors in understanding hikikomori.

Based on this comprehensive understanding, I will introduce various therapeutic interventions tailored to the needs of individuals with hikikomori. These include pharmacotherapy for addressing underlying psychiatric conditions, as well as psychodynamic psychotherapy, which explores the unconscious processes and interpersonal dynamics contributing to social withdrawal.

By integrating these approaches, we aim to provide personalized and effective care for individuals with hikikomori. This seminar will also highlight the importance of interdisciplinary collaboration and the need for culturally sensitive interventions to address this complex and evolving phenomenon.